

## Heritage Hills Schools Breakfast & Lunch Menu August 2018

Breakfast is \$ 1.85 and is served with Milk & Fruit Choice and is served from 7:25 to 7:45 in the Middle School and from 7:25 to 8:10 in the High School

### **BREAKFAST ON THE GO! Middle School Students will be allowed to visit the breakfast bar after morning assembly and take their breakfast into the classroom!**

Offer vs. Serve: You must choose 1/2C Fruit or vegetable for one of the 3 required food items. You may choose all 4 items.

Lunch is \$ 2.35 and is served with Milk & Fruit Choice

Offer vs. Serve: You must choose 1/2C fruit or vegetable for one of the 3 required food components. You may choose all 5 components.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Egg & Cheese Biscuit or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Breakfast Calzone or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Breakfast Pizza or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Wrap or Frittata or Mini Cinni w/2 Sausage or Frudel w/2 Sausage
<b>2018</b>	<b>August</b>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>	<b>31</b>	<b>01</b>	<b>02</b>	<b>03</b>
<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
<b>13</b>	<b>14</b>	<b>15</b> <span style="color: green;">First Day!</span> Salisbury Steak w/roll or Grilled Chicken Breast w/roll or Fish Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple SALAD BAR: Sub Sandwich Bar, Salad, Fruit	<b>16</b> Pepperoni Calzone or Grilled Cheese or Burger, Baked Beans, Veggie Cup, Orange Wedges, Brownie SALAD BAR: Taco, Black Bean Fiesta & Refried Beans, Rice, Salad, Fruit	<b>17</b> Bosco Stuffed Crust Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
<b>20</b> Chicken Fettuccine Alfredo w/Breadstick or Fish Sandwich or Corn Dog, Green Beans, Garden Salad, Tomatoes & Croutons, Strawberries SALAD BAR: Nachos & Cheese Salad, Fruit	<b>21</b> Bosco Sticks w/Marinara or BBQ Rib Sandwich or Patriot Burger, Baked Beans, Romaine Salad, BaBy Carrots, Grapes, Cinnamon Swirl Cake SALAD BAR: Rattle Snake Bowl, Salad, Fruit	<b>22</b> Breaded Pork Steak w/roll or Chicken on a Biscuit or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Romaine Salad, Apple SALAD BAR: Spaghetti w/Breadstick, Salad, Fruit	<b>23</b> Chicken on the Beach w/Tostitos & Rice or Chicken Patty Sandwich or Burger, Refried Beans, Romaine Salad & Tomatoes, Orange Wedges, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	<b>24</b> Bosco Stuffed Crust Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
<b>27</b> Pizza or Philly Steak & Cheese Sandwich or Burger, Green Beans, Garden Salad, BaBy Carrots, Strawberries SALAD BAR: Nachos & Cheese, Salad, Fruit	<b>28</b> Chicken Breast Bites w/Breadstick or Orange Chicken & Rice or Grilled Chicken Sandwich, Stir Fry Vegetables, Garden Salad, Grapes, Cookie SALAD BAR: Asian Bar w/Rice, Salad, Fruit	<b>29</b> Country Fried Steak w/roll or Meatloaf w/roll or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple SALAD BAR: Bosco Sticks w/Marinara, Salad, Fruit	<b>30</b> Pepperoni Calzone or Hamboli or Buffalo Chicken Calzone, Baked Beans, Veggie Cup, Orange Wedges, Cookie SALAD BAR: Taco, Black Beans & Refried Beans, Rice, Salad, Fruit	<b>31</b> Bosco Stuffed Crust Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit